



Finding Kentucky-Farm-Fresh Food Near You

Ashton Potter

Executive Director - Extension Specialist
for Local Food Systems

Finding Locally Grown Food Near You

More and more, consumers want to know where their food comes from. There are many opportunities to find locally grown food in your community. You just need to know where to look! You can find locally grown food at farmers markets, farm stands, through a Community Supported Agriculture (CSA) subscription, at restaurants, grocery stores, and other locations near you. Learning where to find and buy locally grown food in your community has individual health, the community, the environment, and the local economy.

What does LOCAL mean?

There is no single definition of local or regional foods. “Local” can mean different things to different people. Local can mean grown and/or processed within a state boundary. It could also mean grown and/or bought within a certain number of miles or something else altogether. For the purposes of this lesson, local means food ingredients that are grown and/or raised on a Kentucky farm (e.g., vegetables, beef, eggs, poultry, dairy products, etc.). [Kentucky Proud](#), Kentucky’s official agricultural marketing initiative, means that a product was grown and/or processed in the Commonwealth of Kentucky. There are also regional labels like [Appalachian Proud](#) or [Rooted in Shelby](#) which show a region or county of origin.



Why buy local?

There are many benefits of looking for and buying locally grown food from Kentucky farmers. So why should you consider buying locally grown food?

- ✓ **Money Stays** – Dollars spent with Kentucky farmers stay in our local economy, generating more money and creating more resilient communities.
- ✓ **Culture and Community** – A strong local food system celebrates and preserves Kentucky’s food culture. It creates social connectedness between eaters and those growing and producing our food.

- ✓ **More Jobs** – It takes a lot of work to put local food on our plates and that means local jobs. From farm store clerks to line cooks, meat packers to graphic designers; we all benefit from a strong Kentucky food and farm economy.
- ✓ **Healthy Land** – More biological diversity and support for farmers who are the stewards of our land are some of the benefits that come with a vibrant Kentucky food and farm economy.
- ✓ **Fresh Flavor** – Food grown and raised on Kentucky farms is as fresh as it gets. It comes to you at the peak of its flavor. Eating with the seasons makes sure you get a healthful, varied diet. It also keeps our farmers busy all year.
- ✓ **Consistent Pricing** – The prices of local food does not change as much from week to week. Local farmers have more control over all aspects of growing and delivering their food, so prices tend to be more stable.
- ✓ **Consistent Supply** – When shopping seasonally, there will be an abundance of produce and other products available from multiple farmers at the same time. This means we are less dependent on out-of-state farmers and truckers for our food.

Where to find local food near you?

- ✓ **[Farmers Markets in Kentucky](#)** – Find the largest selection of Kentucky-grown products and get to know farmers in your area. Many markets are open year-round.
- Locally grown food can be affordable to eaters at all income levels. Do you participate in the SNAP, WIC, or Senior Farmers Market Nutrition (SFMNP) programs? Many farmers markets accept SNAP, WIC, and SFMNP benefits and some also offer [Kentucky Double Dollars](#) which doubles

the amount of money you can spend buying Kentucky-grown foods. Find out if your [local farmers market](#) provides Double Dollars.

- ✓ **[Kentucky Proud Farm Directory](#)** – Many farms have on-farm stores, u-pick opportunities, and/or farm tours. Grab your family or friends and plan to visit a farm near you!
- ✓ **[Kentucky Proud Community Supported Agriculture Directory](#)** – Consider a subscription for Kentucky-grown food. Community Supported Agriculture is a weekly share of a farm’s harvest and can include vegetables, fruit, meat, eggs, dairy, and value-added products.
- **[The Kentucky Farm Share Coalition](#)** works with employers to offer incentives to their employees to buy a CSA share from a Kentucky farm.
- ✓ **[Restaurants](#)** – Choose to support restaurants who buy directly from Kentucky farmers. Look for the Kentucky Proud logo or farm names on menus and be sure to ask, “What’s local?” You can help your favorite restaurant source food locally, by making sure they are aware of the Kentucky Proud [Buy Local Program](#) which can help restaurants offset the costs of sourcing local ingredients.
- ✓ **[Retailers](#)** – Be on the lookout for Kentucky farm products at retailers near you. You can find them at small, independently owned stores to national chains. Support Kentucky farmers by buying their products when you shop for groceries.
- ✓ **Schools** – Did you know that your K-12 school or child care center can buy from Kentucky farmers? Maybe your school already does! Connect with The Food Connection’s Value Chain Coordinators to find out or connect them with your school district or child care center.

What action will you take to support Kentucky's farm and food economy?

- ✓ Look for and buy locally grown food at the farmers market, grocery store, and on restaurant menus.
- ✓ Tell people about Kentucky Proud and the importance of locally grown food for the local economy in Kentucky.
- ✓ Advocate for local food policies (e.g., supporting farm-to-school programs or local food initiatives) and play an active role in your food system!

Want to see locally grown food in your school, restaurant, university, or workplace cafeteria?

You can take the first steps to get local food into your school! Your local Extension office and The Food Connection are a great first stop to learn more. Stay connected with us on Instagram and Facebook.

<https://www.facebook.com/ukfoodconnect> and <https://www.instagram.com/ukfoodconnect/#>.

The Food Connection is a local food systems center at the University of Kentucky that serves farmers, food producers, students, and community members by cultivating creative strategies and partnerships to support a vibrant local food economy in Kentucky. On- and off-campus, The Food Connection supports innovative and interdisciplinary instruction and research and delivers high impact services and programs related to local food systems development.

References:

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